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Module 3: Performance Choices

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This module of Performance Nutrition shows how to tailor a Performance Diet to lifestyle, training regimen, food availability, and food preference.

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Introduction

During military training you are busy, tired and often rushed at meals. It's not always easy to make good performance food choices.

This material will show you how to develop your own strategy for performance eating. It also will give you some tactics for making performance choices in almost any eating situation — in military dining facilities, restaurants, food stores and your own kitchen.

KEY CONCEPT

A nutritionally optimal diet can be tailored to your lifestyle, training regimen, food availability, and food preferences.

OBJECTIVES

With this manual, you can learn how to:

- ▲ Identify and eliminate obstacles to eating a high performance diet.
- ▲ Develop an eating strategy for making performance food choices in the mess hall, restaurants and food stores.
- ▲ Time what you eat and drink before, during and after physical activity to optimize performance.
- ▲ Set realistic goals to achieve a performance diet.

The Elements of Military Performance



What and when and how much you eat affect all of these elements.

Food Choices! Selecting Performance Nutrition

The answer to each question below has point values ranging from 1–4. Circle the value which most closely matches your answer, then add up your score.

1. Which type of milk do you normally drink?
 - 4 skim or nonfat milk
 - 3 1% milk
 - 2 2% milk
 - 1 whole milk
2. Which of the following protein sources do you normally select?
 - 4 Fish or plant protein
 - 3 Chicken, turkey, or other poultry
 - 2 Red meat, such as beef or pork
 - 1 Hard cheeses
3. What do you normally put on bread?
 - 4 Nothing or sugar spreads (jams & jelly)
 - 3 Diet margarine
 - 2 Regular margarine
 - 1 Butter
4. What do you normally have for sweet snacks or dessert?
 - 4 Fresh fruit
 - 3 Presweetened yogurt
 - 2 Sherbet or ice milk
 - 1 Ice cream, pies, cookies, cakes, or pastries
5. What do you normally have on a sandwich?
 - 4 Tuna fish (little to no mayo), vegetables
 - 3 Chicken or turkey
 - 2 Roast beef or peanut butter
 - 1 Packaged, processed lunch meat
6. How is your food normally cooked?
 - 4 Baked, broiled, steamed, or microwaved
 - 3 Sauteed or stir-fried in little oil
 - 2 Pan-fried
 - 1 Deep-fried

Scoring

Use your total score to rate your dietary habits. Strive to score in the good to excellent category. Check those answers in the one to two point categories. These are the areas where you can make better performance choices.

- 19-24 Excellent: You Have Arrived!
- 13-18 Good for you: you're on your way!
- 7-12 Better: At least you're on the right road.
- 1-6 Oh boy, looks like you lost the map!

Eating for Performance

Just as it takes weeks or months to build your strength and endurance, nutritional fitness is the result of long-standing eating habits.

Having a plan or strategy to eat for performance and health doesn't mean giving up the foods you like. It doesn't mean you have to eat foods you dislike.

An eating strategy means:

- ▲ Knowing what foods and eating habits contribute to optimal performance nutrition.
- ▲ Evaluating your food choices.
- ▲ Building a performance diet that fits your schedule, training regimen, food availability and preferences.
- ▲ Knowing what barriers are preventing you from eating a performance diet.

*You may think
that there are
special foods
that enhance
performance ...
but there aren't.
Eat a variety of foods!*

Performance Nutrition Strategy

The Target: HIGH PERFORMANCE DIET

**55-70%
carbohydrate**

**12-15%
protein**

**20-25%
fat**

Balance of other nutrients

Water

The Strategy:

Fuel your engine: Eat enough to maintain your ideal body weight.

Aim for high-carbohydrate foods: They are your body's first choice for energy. At least 55-60% of your calories should come from carbohydrates.

Avoid high-fat foods: They feed your fat cells, not your muscles or brain. In most training situations, no more than 20-25% of your calories should come from fat.

Fine tune protein intake: Enough, but not too much. 12-15% of your calories should come from protein to support growth, repair and maintenance of body tissue.

Drink, drink, drink: Water, water, water. Try to drink at least 8 to 10 glasses of water a day to maintain body fluid levels.

Shoot for three meals and two snacks a day: Try not to skip meals.

Escape the rut: Eat a variety of foods to get a balance of nutrients.

General Tactics

Your target is to eat for performance. Whether you're eating in the mess hall, dining in a restaurant, snacking in front of the TV or sitting at the dinner table, there are some general tactics you can use to eat for performance. This chart gives you some basic food choices for a performance eating strategy. No food is bad, but some foods fit into a performance strategy better than others.

The chart on the right, identifies the food choices as:



- BEST:** Try to make these foods the core of your diet. They're low in fat, or high in carbohydrate, or high in vitamins, minerals and fiber - the best for a performance diet!
- BETTER:** Try to limit these foods to two or three servings a day or use small portions. Most are either low in fiber, high in cholesterol or sodium, or contain moderate amounts of fat or added sugar.
- NOT-SO-GOOD:** If you eat any of these foods, try to keep the portions small or eat them only one or two times a week. They contribute little to your performance. Most are high or moderate in fat or high in other ingredients such as sodium or sugar.

The amounts and number of recommended servings are based on the energy requirements for physical military training.

SERVINGS /DAY	BEST	BETTER	NOT-SO-GOOD
FATS, SWEETS, CONDIMENTS Limit of fat per day Women: 60-90 grams Men: 80-120 grams Serving Size: typically 1 Tbsp.	Catsup Mustard Mayonnaise (fat-free) Pickles Salad dressing (fat-free) Sorbet	Fruit snack or hard candies Jelly Margarine (diet, tub) Mayonnaise (reduced-fat) Olives Salad dressing (reduced-fat) Soy sauce Syrup	Butter Cream Candy bars Chocolate Lard Margarine, stick Mayonnaise, regular Salad dressing, regular
MILK, YOGURT, CHEESE Servings per day: Women & Men: 2-4 Serving Size: 1 cup milk, 1 cup yogurt, 1 1/2 oz cheese	Cheese (fat-free) Cottage cheese (fat-free or 1% lowfat) Milk (skim or 1%) Yogurt (fat-free)	Cheese (reduced-fat) Cottage cheese (2% lowfat) Cream cheese (light) Frozen yogurt Ice cream (fat-free) Ice milk Milk (2%) Sherbet Yogurt (lowfat)	Cheese Cheesecake Cream cheese Ice cream (regular) Milk (whole) Yogurt (whole-milk)
FISH, POULTRY, MEAT, NUTS, EGGS, BEANS (Cooked, no added fat; meats trimmed) Amount per day: Active woman, sedentary man: 5-7 oz Active man, very active woman: 6-8 oz	Beans (i.e., black, chick peas, pinto, kidney, etc.) Black-eyed peas, lentils, split peas Beef, top or eye of round Chicken breast or drumstick (no skin) Clams, Crabs (not fried) Egg white Egg substitute Fish (not fried) Ground beef (90% fat-free) Ground turkey meat (no skin) Hot dogs (95% fat-free) Lobster Pork tenderloin Shrimp Tuna (in water) Turkey (except wings; no skin)	Beef (round steak, sirloin, pot roast; select grade tenderloin or top loin) Chicken breast or drumstick (with skin) Chicken thigh or wing (no skin) Eggs Ground turkey (with skin) Ham (lean) Lamb sirloin Nuts and seeds Peanut butter Pork loin (except blade) Tuna (in oil) Turkey bologna, or roll Turkey (with skin)	Beef, pork, lamb (untrimmed) Beef steaks, roasts (choice) Beef ribs Bologna, salami, pastrami, corned beef Chicken nuggets Fried chicken Fish sticks Ground beef (85% fat-free) Hot dog Liver Pork loin (blade) Turkey hot dog
VEGETABLES Servings per day: Women: 3-6 Men: 6-8 Serving Size: 1/2 cup raw or cooked	Potato - plain or sweet; baked or mashed Soybeans Vegetables (all - canned, fresh, frozen) Vegetable juices (light or no salt)	Avocado Cole slaw Guacamole Potatoes au gratin Potato salad Tofu	Corn chips French fries Hash browns Onion rings Potato chips Vegetables in sauces (e.g., hollandaise, cream sauces) Vegetables, deep-fried
FRUITS Servings per day: Women: 7-10 Men: 10-14 Serving Size: 1/2 cup raw, canned, or cooked, 1 medium fresh, 3/4 cup juice	Fruit (all -fresh, canned in juice, dried, frozen) Fruit juices	Cranberry sauce (canned) Canned fruit in syrup Fruit drinks, blends, cocktails, beverages	Coconut
BREAD, CEREAL, RICE, PASTA, & BAKED GOODS Servings per day: Women 16- 20 Men 20-27 Serving Size: 1/2 cup cooked pasta or rice, 1 oz cereal, 1 slice bread, 1/2 bagel	Bagels, bread, English muffins, rolls (whole grain, whole wheat) Breakfast cereals (whole-grain, low sugar; cold or hot) Bulgur Crackers (lowfat, whole-grain) Pasta Popcorn - air-popped Rice Tortillas - not fried Tortilla chips - baked, no oil	Angel food cake Breakfast cereals (not whole grain, or heavily sweetened; cold or hot) Cakes, cookies, granola bars (fat-free) Crackers (not lowfat; not whole grain) Fig bars, ginger snaps, molasses, cookies, oatmeal raisin cookies Muffins, lowfat Pancakes, waffles Popcorn popped in oil Pretzels	Bread stuffing (from mix) Biscuits Cake (except fat-free) Chocolate chip cookies Chocolate sandwich cookies Cream pie Croissant Danish Doughnuts Peanut butter cookies Pies Popcorn popped in oil, buttered, most microwave brands Shortbread cookies

Tactics For Eating A High Performance Diet

Here are some tactics you can use to make performance choices, anywhere and anytime you eat.

TACTICS FOR BREAKFAST

- ▲ **DO EAT BREAKFAST** - You need to top off your glycogen and refuel blood sugar that have dwindled overnight. For top performance, you should get about a third of your calories and nutrients at breakfast. If you don't have time to sit down for breakfast before an early morning run or hike, eat a quick, high-carbohydrate, lowfat snack, such as fruit, bagel or English muffin.
- ▲ **EAT COMPLEX CARBOHYDRATES** - Carbohydrate is your premium energy fuel. "The Best" choices are hot or cold cereal, wheat toast, bagel, fresh fruit or fruit juice, grits without butter, lowfat milk and yogurt.
- ▲ **GO LIGHT ON FAT** - Fat slows you down and can fill you up before you get the carbohydrates you need for energy.
 - Breakfast meats are very high in fat. Limit meats, such as bacon and sausage, to a couple of times a week.
 - Also high in fat are biscuits, Danish pastry, sweet rolls, doughnuts, cheese, butter, gravy, and hash browns. Eat them only occasionally.
 - Use skim or 1% lowfat milk.
- ▲ **CHOOSE HIGH FIBER** - Whole wheat, grains, fresh fruit.
- ▲ **WATCH THE SUGAR** - Sugar can give you a quick burst of energy but it doesn't last long. Also, lots of breakfast sweets are high in fat. Choose fruit juice over fruit drinks, which are high in added sugar.
- ▲ **DRINK WATER** - A glass of cool water to start your day well hydrated.
- ▲ **LIMIT EGGS** - The yolks are high in cholesterol and fat. Limit breakfast eggs to three or four a week.
- ▲ **RANKING EGGS** - Boiled and poached eggs are "BEST." They have no extra cooking fat. Scrambled and omelets are "BETTER." Fried eggs are in the category of "NOT-SO-GOOD." They're cooked in a lot of extra fat. Eat them only occasionally.
- ▲ **A STACK OF PANCAKES GOES A LONG WAY** - Pancakes are high-carbohydrate, lowfat. To keep fat low, go light on the butter and margarine. Use syrup, jelly, or fruit butters.

TACTICS FOR LUNCH AND DINNER

Lunch and dinner are usually your biggest meals. Avoid eating only one or two large meals a day. To maintain energy throughout the day, you should eat three meals and a few snacks or several smaller meals.

Plan Ahead

To cut down on impulse choices of foods that don't work into your performance eating strategy, plan what you're going to eat before you get into the chow line.

Plan to eat meals that are high in carbohydrate, moderate in protein and low in fat.

Some Different Ideas for Breakfast

For a change, try some different kinds of foods for breakfast. Adjust the amounts according to your energy needs.

1. Lowfat yogurt with 1/2 cup Grapenuts, plus 2 oranges.
2. 1-2 peanut butter and jelly sandwiches with a banana and 2 glasses of skim or lowfat milk.
3. 2 English muffins with a bit of lowfat cream cheese and jelly, a piece of fruit and hot chocolate.
4. 3-4 slices of French toast with applesauce and nutmeg and a glass of skim or lowfat milk.
5. 2 slices of cheese pizza and lowfat milk or juice.
6. Waffle sandwich with apple butter, 1 cup skim or lowfat milk.
7. 1-2 eggs, grits with small amount of margarine and fruit.

BEVERAGES

- ▲ Water is always the "best choice" for hydration. Cool water is absorbed into your bloodstream quickly and is appropriate for most situations.
- ▲ Choose flavored seltzers, skim or lowfat milk, fruit juices, and sparkling waters over soft drinks to limit caffeine and sugar.
- ▲ Use skim or lowfat milk in coffee and tea. Try lemon in tea, or drink herbal teas.
- ▲ Limit caffeinated beverages. They increase your chances of becoming dehydrated.

SHORT ORDER

Short on time? You can still be long on performance, with these choices:

- ▲ Lower-fat choices for sandwiches:
 - BEST - roasted chicken or turkey breast.
 - GOOD - lean roast beef, lean ham, lowfat processed meats.
 - HIGHER IN FAT, SO EAT ONLY OCCASIONALLY- pastrami, salami, bologna, hot dogs, salads such as tuna, egg and ham that are loaded with real mayonnaise.
- ▲ Plain burger instead of the cheeseburger— cheese is high in fat.
- ▲ Lowfat sandwich fillers such as lettuce, tomato and onion.
- ▲ Salsa, mustard, relish, catsup, and pickles instead of high-fat mayonnaise, cheese, and tartar sauce.
- ▲ The pasta, potato or salad bar instead of the deli line.
- ▲ Plain baked potato instead of french fries or chips.

SALAD BAR

Salad bar fruits and vegetables are good sources of fiber, minerals, and vitamins. They also can fill you up without loading on the fat calories. But there are some fat traps at the salad bar. Use these guidelines for making salad bar performance choices.

- ▲ Don't use creamy pasta, potato salads, and coleslaw to replenish carbohydrates. Their dressings are usually high in fat.
- ▲ Don't drown salads in high-fat dressings. Use them sparingly.
- ▲ Use "fat-reduced" dressings, vinegar with a little oil or salsa.
- ▲ Go for variety and quantity in your vegetables and fruits.
- ▲ Go light on higher-fat additions such as bacon bits, sunflower seeds, olives, hard-cooked eggs and cheese.

HOT ENTREES

The first performance choice you often make is whether to go short order or hot entree. When time isn't breathing down your neck, try the hot entree selections. They can provide some of the "BEST" performance choices.

Use these tactics to make performance choices in the hot entree line.

- ▲ Ask servers what ingredients are in a dish.
- ▲ Use nutrition cards to help you make high-carbohydrate, lower-fat choices.
- ▲ Vary meals to include poultry, fish and beans.
- ▲ Eat smaller portions of meat.
- ▲ Eat more vegetables, fruits, and high-carbohydrate side dishes.
- ▲ Pasta and rice with lowfat sauces are "BEST" performance choices.
- ▲ Broiled, roasted, steamed, poached, baked, grilled, braised, or boiled.
- ▲ Watch out for foods described as buttery, fried, deep-fried, pan fried, basted, creamed, scalloped or au gratin — these mean high-fat.
- ▲ Trim fat off meat and pull skin off chicken and turkey to reduce fat.
- ▲ Foods with tomato or cocktail sauce or broth are usually "BEST" choices.
- ▲ Limit gravies, cream, butter, hollandaise, and cheese sauces.
- ▲ Good performance choices are broth soups such as vegetable and noodle. Limit creamed soups. Add saltines, breadsticks or oyster crackers for lowfat carbohydrates.

HOT VEGETABLES

Cooked vegetables are good sources of vitamins, minerals and fiber.

- ▲ Flavor vegetables with reduced-fat dressings, vinegar with a

little oil, cocktail sauce or salsa. Go light on high-fat butter, mayonnaise and dressings.

- ▲ Taste vegetables before salting them.
- ▲ Limit fried vegetables and those in candied, cream, butter, hollandaise and cheese sauces — high in fat.
- ▲ Baked potatoes are "BEST" sources of fiber and carbohydrates. Try them plain or topped with lowfat cottage cheese, salsa, baked beans, or small amounts of grated cheese. Butter, sour cream, and cheese are high in fat.

BREADS AND GRAINS

Best carbohydrate choices.

- ▲ Bagels, crackers, tortillas, plain buns, muffins and English muffins are high-carbohydrate, lowfat bread options.
- ▲ Use margarine or butter sparingly.
- ▲ Eat whole grain breads for more nutrition.
- ▲ Rices, pastas, and bulgur are great sources of carbohydrates.

CONDIMENTS AND EXTRAS

- ▲ "BEST" performance condiment choices are catsup, mustard, vinegars, salsa, spices (except salt), and fat-free or reduced-fat mayonnaise and salad dressings.

PASTRY BAR AND DESSERTS

Yes, you can have your cake and eat it too — in moderation.

- ▲ Don't give up the desserts you like. Eat them less often and in reasonable portions.
- ▲ Try lower-fat desserts such as angel food cake, sherbet, fruit sorbet, ice milk, Italian ices, frozen yogurt.
- ▲ Other performance dessert choices are fruit, ginger snaps, fig bars, oatmeal cookies, vanilla wafers.

SNACK ATTACK

Contrary to popular belief, snacks are not enemy territory. Snacks can be an important part of your performance eating strategy. They can give you the boost of energy you need to meet your increased

calorie needs or fuel an after work workout. Snacks can take the edge off your appetite and keep you from overeating later.

Shoot for snacks that contribute to your eating strategy. The “BEST”

performance snacks are high in carbohydrate, low in fat, and full of vitamins and minerals. The chart below relays some snack tactics you may want to try to keep yourself on your performance diet.

Snacking Tactics

- ▲ Don't worry! You can still eat three meals a day and eat snacks:
 - Make your meals smaller than you need to get your day's calories.
 - Select snacks with high nutritional value.
- ▲ If you do eat high-fat snacks:
 - Limit fat intake at meals to keep daily fat intake to 20-25% of your calories.
 - Eat smaller portions.
 - Eat them less often.
- ▲ Make any food a snack. “Meal-type” foods (e.g. baked potato, cereal, pasta, soups, chicken) are excellent snacks when you:
 - Control the portion.
 - Avoid excess fat and sugar.
- ▲ If you're always on the run and don't have time for regular meals, or if you prefer snacks to meals:
 - Eat the same amount of food you would if you had three meals a day, but spread it out over the whole day.
 - Make “meal-type” foods your snacks.
 - Read nutrition labels.
 - Eat high-carbohydrate, lowfat snacks.
 - Don't make impulse snack buys from the vending machine. Buy snacks on the way to work at the shoppette or food store, where you have more performance choices to pick from.

Dining Out: Fast, Foreign, or Fancy

MISSION: PERFORMANCE EATING IN THE FAST FOOD LANE

While fast foods can provide some protein, carbohydrate, B vitamins and minerals, they are often high in fat, sodium and sugar and low in calcium, vitamin C and vitamin A.

You can choose a fast food performance meal by expending some energy...brain energy. Try these tactics in the fast food line:

- ▲ Some fast foods provide more nutrients than others. Remember the “BEST, BETTER and NOT-SO-GOOD” choices when you order fast food. The charts starting on page 3-7 identify some menus that can satisfy your hunger and performance nutrition requirements.
- ▲ Don't eat fast foods for every meal.
- ▲ Try baked or broiled fish or chicken sandwiches instead of fried.
- ▲ Try roast beef instead of the burger. The fattiest roast beef is still leaner than the leanest hamburger meat.
- ▲ Limit specialty burgers with names like “Super,” “Killer,” “Deluxe,” “Double,” “Triple,” “Whopper.”
 - The extra meat and sauces add two to three times the fat and calories. For more carbohydrate, order two regular burgers instead. You'll get more carbohydrate from the buns and less fat from the meat and specialty sauces.
- ▲ Don't take some of the high-fat options: mayo, margarine, special sauces. Ask for extra catsup, mustard, lettuce, and tomato instead.
- ▲ Skip the “extra crispy” coatings on fish and chicken. They add fat.
- ▲ Try a baked potato plain or with cottage cheese, vegetable or chili toppings.
- ▲ Use skim or 1% lowfat milk.
- ▲ Order pizza with thick crust for more carbohydrates. Choose vegetable toppings such as broccoli, mushroom, green pepper, and onions. Make high-fat sausage, pepperoni and extra cheese only occasional orders. Ask for less cheese on regular cheese pizza.
- ▲ Many fast food establishments have printed information about the amount of nutrients in their foods. Check it out before you order.

Smart Food Choices at Fast Food Restaurants

Here are the nutrient breakdowns for some popular fast food meals. The amounts of protein, fat and carbohydrates are listed in grams.

BREAKFAST

FAMILY STYLE RESTAURANT (PERKINS, VILLAGE INN, IHOP)

	<u>CALORIES</u>	<u>PROTEIN</u>	<u>FAT</u>	<u>CARBOHYDRATE</u>
4 4" buttermilk pancakes, 1 pat butter	244	8 grams	3 grams	49 grams
3 Tbsp. maple syrup	156	0	0	40
2 pat butter	72	0	8	0
1 egg (poached or boiled)	74	6	5	1
O.J., 1 cup	<u>112</u>	<u>2</u>	<u>0</u>	<u>27</u>
	658	16	16	117
1 oz cold cereal	100	3	1	23
1 cup 1% milk	110	8	2	12
banana	105	1	1	27
English muffin	135	4	1	26
1 Tble jam or jelly	48	0	0	13
1 Tble peanut butter	94	4	8	3
1 cup O.J.	<u>112</u>	<u>2</u>	<u>0</u>	<u>27</u>
	704	22	13	131

MCDONALD'S

	<u>CALORIES</u>	<u>PROTEIN</u>	<u>FAT</u>	<u>CARBOHYDRATE</u>
2 plain English muffins with butter	340	10 grams	8 grams	52 grams
Jam or jelly, 2 Tbsp	96	0	0	26
2 eggs, scrambled	140	12	10	1
O.J. 12 oz, (2 cartons)	160	2	0	40
1 cup 1% milk	<u>110</u>	<u>9</u>	<u>2</u>	<u>12</u>
	846	33	20	131
2 Hot cakes, syrup, 2 pats margarine	440	8	12	74
O.J. 12 oz, (2 cartons)	160	2	0	40
1 cup 1% milk	<u>110</u>	<u>9</u>	<u>2</u>	<u>12</u>
	710	19	14	126
2 cereals, (Cheerios)	160	6	2	28
2 cups 1% milk	220	18	4	24
1 fat-free apple bran muffin	180	5	0	40
1 pat margarine	36	0	4	0
O.J. 6 oz, (1 carton)	<u>80</u>	<u>1</u>	<u>0</u>	<u>20</u>
	676	30	10	112

ROY ROGERS

	<u>CALORIES</u>	<u>PROTEIN</u>	<u>FAT</u>	<u>CARBOHYDRATE</u>
Pancake platter with syrup & butter	452	8 grams	15 grams	72 grams
O.J. 1 cup	99	2	0	23
1 cup 2% milk	<u>121</u>	<u>8</u>	<u>5</u>	<u>12</u>
	672	18	20	107

LUNCH/DINNER

ARBY'S

	<u>CALORIES</u>	<u>PROTEIN</u>	<u>FAT</u>	<u>CARBOHYDRATE</u>
Jr. Roast Beef on multigrain bread, lettuce, tomato (no mayo)	218	13 grams	11 grams	21 grams
Side salad	25	2	0	4
2 Tbsp Light Italian dressing	11	0	1	2
Tomato Florentine soup	84	3	2	15
8 oz 2% lowfat milk	<u>120</u>	<u>8</u>	<u>5</u>	<u>12</u>
	458	26	19	54
Regular Roast Beef	353	22	15	32
Side salad	25	2	0	4
2 Tbsp Light Italian dressing	11	0	1	2
Vanilla Shake	<u>326</u>	<u>9</u>	<u>12</u>	<u>46</u>
	715	33	28	84

FAMILY STYLE RESTAURANT (PERKINS, VILLAGE INN, IHOP)

<u>CALORIES</u>	<u>PROTEIN</u>	<u>FAT</u>	<u>CARBOHYDRATE</u>
5 oz baked fish	158	34 grams	1 grams 0 grams
Baked potato w/ skin	220	5	0 51
2 Tbsp. sour cream	52	1	5 1
Vegetable salad	50	1	0 10
2 Tbsp. lite Italian dressing	52	0	5 2
Lemonade	100	0	0 26
1 cup sherbet	<u>264</u>	<u>2</u>	<u>4</u> <u>58</u>
	896	43	15 148
1/2 roasted chicken breast, w/out skin	142	27	3 0
1 cup wild rice w/ 1 pat butter	202	7	5 35
Vegetable salad	50	1	0 10
2 Tbsp. lite Italian dressing	52	0	5 2
2 hard french rolls	274	9	1 57
1 pat butter	36	0	4 0
1/2 cup apple crisp	<u>230</u>	<u>3</u>	<u>5</u> <u>46</u>
	986	47	23 150

MCDONALD'S

	<u>CALORIES</u>	<u>PROTEIN</u>	<u>FAT</u>	<u>CARBOHYDRATE</u>
McLean Deluxe	320	22 grams	10 grams	35 grams
Garden salad	50	4	2	6
1 lite vinaigrette packette	45	0	3	4
2 O.J., 12 oz	160	2	0	40
Lowfat frozen yogurt cone (3 oz)	<u>105</u>	<u>4</u>	<u>1</u>	<u>22</u>
	680	32	16	107
2 hamburgers (regular)	510	24	18	60
Garden salad	50	4	2	6
1 pack lite vinaigrette dressing	45	0	3	4
2 O.J., 12 oz	<u>160</u>	<u>2</u>	<u>0</u>	<u>40</u>
	765	30	23	110

LUNCH/DINNER

PIZZA HUT

**Skip the
garlic bread!**

	<u>CALORIES</u>	<u>PROTEIN</u>	<u>FAT</u>	<u>CARBOHYDRATE</u>
3 cups spaghetti	591	20 grams	3 grams	119 grams
1 cup meat sauce	<u>240</u>	<u>16</u>	<u>8</u>	<u>32</u>
	831	36	11	151
4 slices medium pan pizza, cheese	984	60	36	114
2 juices	<u>224</u>	<u>4</u>	<u>0</u>	<u>54</u>
	1208	64	36	168

ROY ROGERS

	<u>CALORIES</u>	<u>PROTEIN</u>	<u>FAT</u>	<u>CARBOHYDRATE</u>
Large roast beef sandwich	360	34 grams	12 grams	30 grams
Cole slaw	110	1	7	11
Baked potato plain	211	6	0	48
8 oz O.J.	<u>99</u>	<u>2</u>	<u>0</u>	<u>23</u>
	780	43	19	112
Chicken breast	412	33	24	17
Baked potato, plain	211	6	0	48
Vegetable salad	40	1	0	10
2 Tbsp lo-cal Italian dressing	60	1	4	6
16 oz O.J. (2 cartons)	<u>200</u>	<u>4</u>	<u>0</u>	<u>46</u>
	923	45	28	127
Baked potato plain	211	6	0	48
Baked potato w/ broccoli & cheese	376	14	18	40
Cole slaw	110	1	7	11
8 oz O.J.	<u>99</u>	<u>2</u>	<u>0</u>	<u>23</u>
	795	23	25	122

SUBWAY

	<u>CALORIES</u>	<u>PROTEIN</u>	<u>FAT</u>	<u>CARBOHYDRATE</u>
Ham & cheese on footlong				
honey wheat sub roll	673	39 grams	22 grams	86 grams
8 oz 2% lowfat milk	<u>120</u>	<u>8</u>	<u>5</u>	<u>12</u>
	793	47	27	98
6" turkey breast on honey wheat roll	337	21	10	44
Veggies & cheese salad, small	100	3	7	12
Lite Italian dressing, 4 Tbsp	2	0	1	4
1 cup chocolate, lowfat frozen yogurt	<u>240</u>	<u>10</u>	<u>4</u>	<u>46</u>
	679	34	22	106

LUNCH/DINNER

TACO BELL

	<u>CALORIES</u>	<u>PROTEIN</u>	<u>FAT</u>	<u>CARBOHYDRATE</u>
2 tostadas	486	18 grams	22 grams	54 grams
1 bean burrito	417	15	14	63
2 juices	<u>224</u>	<u>4</u>	<u>0</u>	<u>54</u>
	1157	37	36	171
Pintos & cheese	190	9	9	19
1 chicken soft taco	213	14	10	19
2 plain tortillas	134	4	2	26
8 oz 2% milk	120	8	5	12
1 juice	<u>112</u>	<u>2</u>	<u>0</u>	<u>27</u>
	766	36	26	102

WENDY'S

	<u>CALORIES</u>	<u>PROTEIN</u>	<u>FAT</u>	<u>CARBOHYDRATE</u>
Grilled chicken sandwich	290	24 grams	7 grams	35 grams
Baked potato, plain	300	6	0	69
1 pkt. sour cream	60	1	6	1
8 oz 2% milk	<u>110</u>	<u>8</u>	<u>4</u>	<u>11</u>
	760	39	17	116
Small bowl chili (1 cup)i	190	19	6	21
Baked potato, plain	300	6	0	69
Side salad	60	4	3	6
2 Tbsp Golden Italian dressing	90	0	7	6
Lemonade	<u>100</u>	<u>0</u>	<u>0</u>	<u>25</u>
	740	29	16	127

Mission: Performance Eating for Fine, Fancy or Foreign Foods

You can make performance selections at just about any type of restaurant...fine, fancy, or foreign. Here are some tactics for several types of restaurants.

Mexican

- ▲ Rice and bean dishes are high in carbohydrate and protein. Ask for cheese on the side to control fat.
- ▲ Try chicken, shrimp, or bean tostados or burritos, which aren't fried, instead of fried chimichangas.
- ▲ Limit fried tortilla chips. 10 -12 chips have about 140 calories, of which 45% is fat. Have baked tortillas instead.
- ▲ Season with salsa. - Watch guacamole. It's made from the high-calorie avocado, which is 88% fat.
- ▲ Refried beans are often made with lard or other fat. Eat sparingly or order whole beans.
- ▲ Taco salad may *seem* like a "BEST" food choice, but if it's a fried tortilla salad bowl filled with sour cream, guacamole, olives and cheese, it's actually very high in fat. A lower-fat dish would be the performance dish you're looking for. Try soft shell tacos.

Oriental

Japanese, Chinese, Cantonese, Thai, and other Asian restaurants can be good places to eat performance meals. Generally, this type of cooking emphasizes large servings of rice, noodles, vegetables and small portions of meat. For a performance meal...

- ▲ Eat slowly and have two or three courses to avoid feeling hungry a couple of hours later.
- ▲ Best choices are steamed or stir fried dishes, or poached fish.
- ▲ Eat steamed rice. Fried rice has more fat and calories.
- ▲ Sweet and Sour, Szechuan, Hunan and Teriyaki sauces are low in fat, but don't have them over deep-fried foods.
- ▲ Lo mein, or soft noodles, are high in carbohydrate and low in fat.
- ▲ Watch the deep fried foods — fried wontons, egg rolls, shrimp toast, go ba (rice patties), sweet and sour pork and shrimp, chow mein, and tempura dishes.
- ▲ Remember, one sparerib generally has as much fat as one to two tablespoons of margarine!

Greek

Look for pasta, shish ka bob and vegetable main courses.

- ▲ Try chicken instead of higher-fat lamb.
- ▲ Plaki (fish) is a "BEST" performance choice.
- ▲ Orzo macaroni and rice are best performance choices.
- ▲ Watch high-fat phyllo dough and cream sauces.
- ▲ Choose dishes with yogurt sauces and go easy on the sauce.
- ▲ Try hummus and tabouli. Beware some types are oily.
- ▲ Try feta cheese in moderate amounts. It's lower in fat than other cheeses.
- ▲ Limit Greek style pizza with lots of oil.

Steakhouse

High-carbohydrate, lowfat choices may be harder to make in many steakhouses. Use these tactics.

- ▲ Choose lower-fat cuts: rib eye, sirloin, London broil, or filet mignon. Higher-fat cuts include T-bone, porterhouse and prime rib.
- ▲ Choose baked potato over french fries. Use margarine or sour cream on the potato, not both. Also, try lowfat salad dressing.
- ▲ Ask for salad dressing on the side to control the amount.
- ▲ Eat extra rolls and bread without butter.

Italian

- ▲ Eat pasta! 81 percent of the calories are carbohydrates. Best performance choices are those with lowfat marinara (meatless tomato) sauces, red or white clam sauce and primavera with fresh vegetables.
- ▲ Garden salads have more fresh vegetables than antipasto which usually includes high-fat items such as cheese and sausage.
- ▲ Ravioli, manicotti, and lasagna contain carbohydrates, but may also have meats and cheeses which are high in fat. Limit portions.
- ▲ Pick lean meats such as veal, chicken and fish. Look for items described as: affogato (steamed or poached), marsala, or cacciatore (in wine and vegetable sauce).
- ▲ Try no-fat, sweet Italian ice for dessert.

Cooking For Performance

There are many ways to make performance choices when you shop for and cook your own food. See the appendix and handouts for suggestions on performance food shopping and cooking tactics.

Here are titles of some cookbooks that have good recipes for a performance diet of high-carbohydrate, lowfat foods.

Betty Crocker's New Choices Cookbook

Cooking Light Cookbook, Oxmoor House, published annually

Healthy Meals, Brenda J. Ponichtera

Jane Brody's Good Food Book: Living the High Carbohydrate Way, Jane Brody

Mexican Light Cookbook, Kathi Long

Quick & Healthy: For People Who Say They Don't Have Time to Cook

60 Days of Low-Fat, Low Cost Meals in Minutes, M.J. Smith

Target Recipes, Covert Bailey

Timing When & What To Eat

Top performance doesn't happen overnight. It requires progressive building of strength, endurance and nutrition. For nutrition to optimize performance, you must use your performance eating strategy every day, not just the day or two before a big activity or the PT test.

What you eat and drink can lead to better performance. **When** you eat and drink also can help your performance.

Eating & Drinking BEFORE Activity

- ▲ **Increases endurance:** Tops off energy-giving glycogen and blood sugar. Energy lasts longer.
- ▲ **Prevents hunger:** If you're hungry during training, your concentration, motivation and energy fall off.
- ▲ **Prevents dehydration:** Drinking water before activity helps maintain fluid levels.

Eating & Drinking DURING Activity

- ▲ **Refuels energy for long events:** Regular high-carbohydrate snacks can help keep up your blood sugar and glycogen stores for all-day activities.
- ▲ **Prevents dehydration:** To prevent fatigue, heat exhaustion, heat stroke or organ damage, drink water during activity. *Never* restrict your fluid intake.

Eating & Drinking AFTER Activity

- ▲ **Helps you get ready for tomorrow:** Eat carbohydrates after activity to replace lost glycogen.
- ▲ **Prevents dehydration:** Drink water and fruit juices to replace fluids lost in physical activity.

Here are some tactics to use for timing your food and fluid intake to improve performance.		
	FOOD	FLUID
Before	<p>Eat a large meal 2 to 4 hours, or a small snack 1 to 2 hours, before activity:</p> <ul style="list-style-type: none"> • Eat carbohydrate. • Limit protein. • Avoid or limit fat. <p>Avoid fasting.</p>	<p>Drink plenty of water and juices the day before; continue drinking water up to exercise time.</p> <p>Drink 1-2 1/2 cups water 10 -30 minutes before exercise.</p>
During	<p>Learn your tolerance to the amount of food you can eat. For activity lasting 90 minutes or longer:</p> <ul style="list-style-type: none"> • Consume small amounts, 25-30 grams (about 100-200 calories) of carbohydrate, every 30-60 minutes whenever possible. <div style="border: 1px solid black; padding: 5px;"> <ul style="list-style-type: none"> • Graham crackers • Bagel • Fig bars • Banana or • Sports drink </div>	<p>Drink during early stages of activity. Drink often: 1/2-1 cup every 15-20 minutes. Water is always a good choice.</p> <p>Sports drinks help maintain hydration, blood sugar and replace glycogen in activities lasting longer than 90 minutes. They also help replace electrolytes in activities lasting greater than 4 hours.</p>
After	<p>Eat carbohydrate within the first 1-2 hours after activity — the sooner, the better.</p> <ul style="list-style-type: none"> • Try to eat 50-100 grams of carbohydrate within 30 minutes of exercise. • Eat similar amounts every 2-4 hours thereafter. • If not hungry, drink fruit juice or other high-carbohydrate drink. <div style="border: 1px solid black; padding: 5px;"> <ul style="list-style-type: none"> • 1 1/2 cups pasta • 2 bagels and 8-12 oz fruit juice • 2 large baked potatoes • 1 1/2 -2 cups rice • 3-4 cups ready-to-eat cereal </div>	<p>Drink and drink again - water and juices.</p> <p>Try to avoid alcohol. If you drink beer, drink 1-2 cups of water or juice with it.</p> <p>Drink 2 cups water for every pound of sweat lost.</p>

Tips For Following Through On Your Performance Nutrition Plan

- ▲ **Plan ahead before eating.** Decide what choices you can make to balance your daily calorie intake with your energy requirements.
- ▲ **Eat for performance throughout the day.** Make “BEST” food choices whenever possible.
- ▲ **Be aware of foods that may not be good for performance and health.** Don't give them up, just keep them to a minimum.
- ▲ **Keep your perspective!** One day of fast foods and vending machine fare isn't going to put you out of the race! Get back on your performance food plan with your next meal.
- ▲ **Keep your performance strategy in mind during holidays and leaves.** Good times can mean a lot of “NOT-SO-GOOD” foods! Eat the foods you like but focus more on friends and family than food. Moderation will minimize any damage to your performance diet.
- ▲ **Adjust food intake if your activity level changes.** When you cut back on training, you may not have the same energy requirements. You may need less food. Reevaluate your energy requirements when your activity level changes. (See Module 2 of this program).

Eating for Performance: The Plan

Building strength and endurance takes time and commitment. Eating for performance does too. Building a performance diet may mean making changes in what and when you eat. But you can do it.

For most people, the results of eating for performance are almost immediate and rewarding. And maintaining a performance diet probably is easier than you think.

These steps can help you design a performance eating strategy that fits your schedule, food preferences and food availability.

1. SET GOALS

- ▲ Get a clear idea of where you're going. Anticipate your obstacles and plan how you can overcome them.
- ▲ Set realistic goals - Avoid extremes or “all or nothing” approaches. Don't shoot for a perfect performance diet all at once. Start slowly and work gradually toward developing your performance eating habits.

2. PLAN ACTIONS

- ▲ Think of some specific things you can and want to do to build your performance diet. Plan actions that fit into your time schedule, food availability and food preferences. Start with a few things.
- ▲ Ask yourself what you can do.
For example:
Start: Eating two hamburgers instead of the Big Mac.
Stop: Eating bacon for breakfast every day.
Keep: Drinking skim or 1% milk.
- ▲ Identify obstacles that can sabotage your plan. You may want to review the handout “What are my Obstacles?”
- ▲ Remember, start slowly and take it one day at a time. When you are comfortable with your new eating habits, set another goal and plan actions to make more small changes.

3. EVALUATE YOUR PROGRESS

- ▲ Assess your performance over time. Successfully implementing your plan and following your strategy will mean you'll start to see results in two to three weeks.
- ▲ Evaluate your progress at intervals, such as every two weeks or once a month.

Ask yourself these questions:

Do I ... Feel stronger?
 Run longer?
 Have better concentration?
 Feel more alert?
 Recover sooner after training?
 Feel generally better?

Successful athletes eat for performance as a way of life. You can too.

*Take the Challenge:
Be a Performance Eater!*

My Performance Nutrition Goal:

TO ATTAIN MY GOAL I WILL:

Start Doing: _____

Stop Doing: _____

Keep Doing: _____

I'll evaluate my progress in the following way: _____

Meals Of Champions

Here are some typical meals that you might choose for breakfast, lunch and dinner. Pick the “BEST” performance menu for each meal.

Remember “BEST” choices for top performance meals are high-carbohydrate, lowfat and contain lots of vitamins and minerals.

Which are “BEST” performance meals? Answers are on the following page.

BREAKFAST

Menu 1

2 egg omelet
1 oz cheese
3 strips bacon
1 slice toast
2 tsp. margarine
1 cup O.J.
1 cup whole milk

Menu 2

4 pancakes
3 Tbsp. syrup
2 Tbsp. margarine
Banana
1 cup O.J.
1 cup 1% milk

LUNCH

Menu 1

Turkey sandwich with:
4 oz turkey (no skin),
lettuce, tomato, onion on a
medium sub roll
1 cup minestrone soup
2 fresh oranges
1 cup 1% milk

Menu 2

Hamburger on bun with:
4 oz meat and ketchup and mustard
French fries (10)
1 cup whole milk

DINNER

Menu 1

2 1/2 cup pasta
1 cup marinara sauce
2 1oz lean meatballs
Garden salad
2 Tbsp. “lite” Italian dressing
1 French roll
1 cup 1% milk
1 cup sherbet

Menu 2

6 oz top sirloin steak
1 boiled potato
Caesar salad
2 Tbsp. dressing
1 cup vanilla ice cream, 10% fat
1 cup whole milk

Here's how those menus break down in grams of carbohydrate, protein and fat. The meals that are higher in carbohydrate and lower in fat are the better performance choices.

BREAKFAST

Menu 2 A "BEST" PERFORMANCE BREAKFAST

	CALORIES	PROTEIN	FAT	CARB.
	GRAMS			
4 4" pancakes	267	9	9	37
3 T syrup	156	-	-	40
2 Tbsp. margarine	67	-	7	-
Banana	105	1	-	27
1 cup O.J.	110	2	-	26
1 cup 1% milk	110	8	2	12
	815	20	18	142

Menu 1 A "NOT-SO-GOOD" BREAKFAST

	CALORIES	PROTEIN	FAT	CARB.
	GRAMS			
Omelet, 2 eggs,	190	12	14	3
1 oz cheese	114	7	9	-
3 strips bacon	109	6	9	-
1 slice toast	75	-	-	15
2 Tbsp. margarine	67	-	7	-
1 cup O.J.	110	2	-	26
1 cup whole milk	150	8	8	12
	815	35	47	56

LUNCH

Menu 1 A "BEST" PERFORMANCE LUNCH

	CALORIES	PROTEIN	FAT	CARB.
	GRAMS			
Turkey sandwich				
4 oz turkey, (w/o skin)				
lettuce, tomato, onion				
on medium sub roll	345	27	7	43
1 cup minestrone soup	83	4	3	11
2 fresh oranges	130	3	0	32
1 cup 1% milk	110	8	2	12
	668	42	12	98

Menu 2 A "NOT-SO-GOOD" LUNCH

	CALORIES	PROTEIN	FAT	CARB.
	GRAMS			
Hamburger on bun,				
4 oz meat	464	30	28	20
French fries (10)	158	2	8	20
1 cup whole milk	150	8	8	12
	772	40	44	52

DINNER

Menu 1 A "BEST" PERFORMANCE DINNER

	CALORIES	PROTEIN	FAT	CARB.
	GRAMS			
2 1/2 cup pasta	493	17	2	99
1 cup marinara sauce	171	4	8	25
2 - 2 oz lean meatballs	153	14	10	-
Garden salad	80	2	-	18
2 Tbsp. "lite" Italian dressing	54	-	5	2
2 slices Italian bread	156	6	1	30
1 cup 1% milk	110	8	2	12
1 cup sherbet	264	2	4	58
	1481	53	32	244

Menu 2 A "NOT-SO-GOOD" PERFORMANCE DINNER

	CALORIES	PROTEIN	FAT	CARB.
	GRAMS			
6 oz top sirloin steak	559	48	39	-
1 boiled potato	116	2	-	27
Caesar salad	160	10	6	18
2 Tbsp. dressing	152	1	16	2
1 cup vanilla ice cream, 10% fat	264	5	15	31
1 cup whole milk	150	8	8	12
	1401	74	84	90

Performance Snacks

If you usually snack on ...	Try ...
CANDY BARS	<ul style="list-style-type: none"> ▲ Jelly beans, licorice, marshmallows ▲ Fruit: bananas, apples, oranges, berries and grapes ▲ For more concentrated carbohydrates: dried fruit
POTATO CHIPS, CHEESE CURLS, CORN CHIPS	<ul style="list-style-type: none"> ▲ Bagels, breadsticks, plain or flavored rice cakes ▲ Pretzels, popcorn
ICE CREAM	<ul style="list-style-type: none"> ▲ Fruit sorbet or fruit bars ▲ Lowfat yogurt ▲ Soft-serve ice cream ▲ Sherbet ▲ Popsicles, fudgesicles
HIGH-FAT CRACKERS AND CHEESE	<ul style="list-style-type: none"> ▲ Lowfat crackers (e.g., saltines, stone wheat thins, melba toast, rye crisp, Ak-mak) with lowfat cheese (e.g., part-skim mozzarella, string cheese, farmer cheese)
DOUGHNUTS, PASTRY	<ul style="list-style-type: none"> ▲ Cinnamon toast, raisin bread with jelly ▲ Angel food cake
HIGH-FAT COOKIES	<ul style="list-style-type: none"> ▲ Lowfat cookies: fig bars, vanilla wafers, graham crackers, ginger snaps
CHOCOLATE SHAKE	<ul style="list-style-type: none"> ▲ McDonald's lowfat chocolate shake
FRENCH FRIES	<ul style="list-style-type: none"> ▲ Baked potato
HIGH-FAT CEREALS (e.g., Capt. Crunch, granola)	<ul style="list-style-type: none"> ▲ Lowfat "finger cereals" (e.g., Chex, Life, Quaker Oat Squares, Raisin Squares)
LARGE, HIGH-FAT SUBS OR SANDWICHES (e.g., salami, pastrami, excess cheese, meatball)	<ul style="list-style-type: none"> ▲ 1/2 sandwich with 2 oz lowfat protein filler like tuna (with lowfat mayonnaise), chicken or turkey breast, or 1Tbsp peanut butter

Sharpen Your Shopping Tactics

Cooking your own performance meals starts with smart food shopping. Use these guidelines to get a variety of foods that are high in carbohydrate, moderate in protein, low in fat and full of vitamins and minerals.

GENERAL SHOPPING TIPS

1. Plan before shopping - make a list and stick to it.
2. Remember your eating strategy.
3. Plan lowfat substitutes, or smaller portions of high-fat foods with more fruits, vegetables, and lowfat side dishes.
4. Avoid shopping on an empty stomach.
5. Read nutrition labels.

PRODUCE

- ▲ Lots of fruits and veggies (vitamins, minerals and fiber)
- ▲ Citrus, tomatoes, peppers, broccoli, cabbage, potatoes, greens, melons, kiwi, mango, strawberries for vitamin C
- ▲ Deep-colored green and yellow, or orange veggies for Vitamin A

MEAT, POULTRY, FISH DEPT.

- ▲ Vary selections of meat with poultry and fish
- ▲ Buy smaller portions of meat; (fill up on veggies, fruits, and lower-fat side dishes)
- ▲ Skinless chicken and turkey parts (or remove skin when you get home)
- ▲ Most fish and seafood are lower in fat than most meat and poultry alternatives. Some fish are higher in fat than others, but few fish are "high-fat"
- ▲ Ground turkey (lowfat substitute for ground beef)
- ▲ Leaner cuts: "select" grade instead of "choice" or "prime" which are higher in fat
- ▲ Leaner, well-trimmed cuts (or cut fat off at home): flank or round steak or roasts, sirloin, tenderloin, loin pork chops
- ▲ Ground beef labeled 90% fat-free, or no more than 10% fat
- ▲ Choose these types of higher-fat meats less often: meat with fat marbled through, corned beef, pastrami, rib eye roast or steak, hot dogs, bacon, sausage

DAIRY CASE

- ▲ Skim or lowfat (1%) milk
- ▲ Lower-fat dairy favorites: lowfat yogurt, lowfat cheeses (part-skim mozzarella, string cheese, part-skim or lowfat ricotta), reduced-calorie cheeses
- ▲ Reduced-calorie spreads: regular butter and margarine have 100 calories per tablespoon, spreadables have 80 calories, some whips have 70 calories per tablespoon. Light spreads have 50 calories or less.

DELI

- ▲ Lowfat choices: chicken or turkey breast, lean ham or roast beef
- ▲ 95% fat-free processed meats
- ▲ Salads without creamy dressings
- ▲ Check fat content on turkey and chicken hot dogs (they may not have less fat than beef dogs)

FROZEN FOOD CASE

- ▲ Poultry and fish without breading (chicken and turkey "nuggets" are made with ground skin and have a lot of salt)
- ▲ Frozen dinners with less than 15 grams of fat
- ▲ Plain frozen veggies (sauces add fat)
- ▲ Ice milk and lowfat frozen yogurt (instead of ice cream)
- ▲ Portioned frozen desserts to help curb the tendency to eat large servings (popsicles, ice cream bars)

BREADS & CEREAL SECTIONS

- ▲ Cereals with at least 2 grams of fiber, 8 grams or less of sugar, no more than 2 grams of fat per serving
- ▲ Whole grain breads
- ▲ Try bagels, tortillas, English muffins, hard rolls

CANNED FOOD AISLES

- ▲ Tuna packed in water (not oil)
- ▲ 100% pure fruit juices, vegetable or carrot juices
- ▲ Canned beans, peas, corn for quick vitamins, minerals, and fiber (rinse with water to reduce sodium).

PACKAGED FOODS

- ▲ Read nutrition labels! Limit items with shortening, oil, butter or margarine high on the ingredient list.
- ▲ Graham crackers, animal crackers, vanilla or sugar wafers, fig bars (instead of higher-fat, sugary cookies)
- ▲ Rice and pasta mixes (Prepare without added fat)
- ▲ Beans and lentils

FATS, OILS, DRESSINGS, CONDIMENTS

- ▲ "Light" mayo and salad dressing
- ▲ "Reduced-fat" dressings
- ▲ Vinegars for dressings: Balsamic, red wine vinegar
- ▲ Salsa, mustard, ketchup, barbeque sauces

Convenience Foods

Our busy lifestyles force us to rely on an ever increasing assortment of commercial, convenience foods. Convenience foods save us time and effort but they are often high in fat, salt, or sugar and low in fiber, vitamins and minerals. A regular diet of these foods could sabotage a performance diet if you don't guard against it. As long as you are paying for convenience, pay for nutrition.

Before buying convenience foods:

1. **Read the nutrition labels.**
2. **Avoid products that are high in fat, saturated fat, sodium or sugar.**
3. **Compare similar items** for both nutritional value and price.

Learn to spot convenient power foods.

Look For:

In the Produce Department	Already washed and cut up veggies for stir-frying.
On the Salad Bar:	Fruit salad; Tossed salad.
In the Freezer Case	Mixed veggies to thaw and add to pasta salad with your own lowfat dressing; whole-grain lowfat waffles.
In the Canned Food Aisle	Kidney, pinto, or garbanzo beans for salad, soups, and casseroles. Vegetarian refried beans for bean burritos; Diced tomatoes in juice for a super-quick pasta topper.
On the Bagged & Boxed Foods Shelf	Quick-cooking brown rice, couscous. Flour tortilla: fill with beans, rice, veggies, salsa and bake for 1-5 minutes.
In the Bakery	Unfrosted angel food cake.

WHEN "OLD FAITHFUL" IS A "NOT-SO-GOOD" CHOICE

When you do use packaged rice, pasta, and potato mixes, remember, you don't have to add the oil, butter, or margarine called for in the directions. Leave out the added fat (or at least cut it in half) and use skim milk. Adding butter-flavored sprinkles will help make up for any lost flavor (although it will not add back any of the vitamins and minerals lost in processing).

To keep a convenience food meal from undermining your performance plan, balance it out with some whole-grain bread, a piece of fruit, and a glass of skim milk. Make the rest of your day's meals lowfat and nutritious.

If your frozen entree doesn't include a vegetable, steam or microwave a frozen vegetable at the same time. If it is low in carbohydrate, boil some rice or noodles while your entree is cooking.

Reading Nutrition Labels

Most foods have labels that tell you how much of what ingredients and nutrients are in a product. Here's how to read a nutritional label to make performance choices.

1. Check the **SERVING SIZE**. The label tells you how much is in one serving. The amounts of nutrients listed are what you will find in one serving. This serving size may be different from your usual serving.
2. Next, check the **TOTAL FAT**. It's measured in grams. This food has 13 grams of fat in a serving. Five of those grams are saturated fat, the least desirable type of fat. How does that fit in to the number of grams of fat a day you want to limit yourself to?

Remember that if you have more than a single label serving, you are eating more grams of fat.

3. **CALORIES FROM FAT**. There are 120 calories from fat in one serving (compare this to the total calories per serving) ...
4. One serving of this food would use up 20% of the maximum amount of fat recommended for a 2,000 calorie diet. The **% DAILY VALUE** figures show how a food fits into a 2,000 calorie diet that meets the dietary guidelines. They help you know if a product is high or low in a nutrient. For someone with a higher-calorie performance diet, except for cholesterol, the percentage of recommended nutrient intakes this food would use up would be less than the % Daily Value figures on the label.
5. Now look at **CARBOHYDRATE**, the premium nutrient. A good performance food has the most grams of carbohydrate and the least grams of fat. One serving of this food has 31 grams of carbohydrate.
6. Next is **PROTEIN**. This food has 5 grams of protein in a serving. Protein should make up 12-15% of a performance diet — between 60 and 150 grams of protein a day.
7. **VITAMINS AND MINERALS**. Vitamins A and C, calcium and iron are required to be listed on the food label. They are listed by percent of their daily value.
8. **DAILY VALUES** are nutrient standards set by the government and are based on current nutrition recommendations. Nutrient needs for a Performance Diet may be more than the Daily Values on the label.
9. This is the average number of **CALORIES IN A GRAM OF FAT, CARBOHYDRATE AND PROTEIN**. See how many more calories are in a gram of fat than in a gram of carbohydrate!

Nutrition Facts			
Serving Size 1/2 cup (114g)			
Amount Per Serving			
Calories	260	Calories from Fat	120
% Daily Value*			
Total Fat	13 g		20%
Saturated Fat	5 g		25%
Cholesterol	30 g		10%
Sodium	660 mg		28%
Total Carbohydrates	31 g		10%
Dietary Fiber	0 g		0%
Sugars	5 g		
Protein	5 g		
Vitamin A	4%	Vitamin C	2%
Calcium	15%	Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	3000mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4 Protein 4